

Full Report (All Nutrients) 09402, Applesauce, canned, sweetened, with salt

Report Date: May 22, 2017 01:02 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.75 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
Proximates					
Water	g	79.58	39	0.340	202.93
Energy	kcal	76	--	--	194
Energy	kJ	318	--	--	811
Protein	g	0.18	38	0.008	0.46
Total lipid (fat)	g	0.18	39	0.048	0.46
Ash	g	0.14	39	0.008	0.36
Carbohydrate, by difference	g	19.91	--	--	50.77
Fiber, total dietary	g	1.2	--	--	3.1
Minerals					
Calcium, Ca	mg	4	40	0.189	10
Iron, Fe	mg	0.35	43	0.029	0.89
Magnesium, Mg	mg	3	27	0.079	8
Phosphorus, P	mg	7	27	0.444	18
Potassium, K	mg	61	37	1.948	156
Sodium, Na	mg	28	9	4.467	71
Zinc, Zn	mg	0.04	31	0.003	0.10
Copper, Cu	mg	0.043	31	0.002	0.110
Manganese, Mn	mg	0.075	10	0.016	0.191
Selenium, Se	µg	0.3	2	--	0.8
Vitamins					
Vitamin C, total ascorbic acid	mg	1.7	30	0.149	4.3
Thiamin	mg	0.013	36	0.000	0.033

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
Riboflavin	mg	0.028	51	0.001	0.071
Niacin	mg	0.188	31	0.028	0.479
Pantothenic acid	mg	0.052	9	0.003	0.133
Vitamin B-6	mg	0.026	7	0.003	0.066
Folate, total	µg	1	9	0.015	3
Folic acid	µg	0	--	--	0
Folate, food	µg	1	9	0.015	3
Folate, DFE	µg	1	--	--	3
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	1	23	0.060	3
Retinol	µg	0	--	--	0
Vitamin A, IU	IU	11	23	1.202	28
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Lipids					
Fatty acids, total saturated	g	0.030	--	--	0.076
12:0	g	0.001	--	--	0.003
14:0	g	0.001	--	--	0.003
16:0	g	0.025	--	--	0.064
18:0	g	0.004	--	--	0.010
Fatty acids, total monounsaturated	g	0.007	--	--	0.018
18:1 undifferentiated	g	0.007	--	--	0.018
Fatty acids, total polyunsaturated	g	0.054	--	--	0.138
18:2 undifferentiated	g	0.045	--	--	0.115
18:3 undifferentiated	g	0.009	--	--	0.023
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.002	--	--	0.005
Threonine	g	0.007	--	--	0.018
Isoleucine	g	0.007	--	--	0.018
Leucine	g	0.011	--	--	0.028
Lysine	g	0.011	--	--	0.028

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 255g
Methionine	g	0.002	--	--	0.005
Cystine	g	0.002	--	--	0.005
Phenylalanine	g	0.005	--	--	0.013
Tyrosine	g	0.003	--	--	0.008
Valine	g	0.008	--	--	0.020
Arginine	g	0.006	--	--	0.015
Histidine	g	0.003	--	--	0.008
Alanine	g	0.007	--	--	0.018
Aspartic acid	g	0.032	--	--	0.082
Glutamic acid	g	0.019	--	--	0.048
Glycine	g	0.007	--	--	0.018
Proline	g	0.006	--	--	0.015
Serine	g	0.007	--	--	0.018
Other					